

# Playing Sports...

From major league stadiums to small-town courts, America's favorite pastimes make great memories for many. But for more than 40,000 athletes, those memories are ruined by eye injuries, the vast majority of which were preventable.



More than 40,000 people a year suffer eye injuries while playing sports.

Take the following steps to avoid sports eye injuries:

- Wear proper safety goggles (lensed polycarbonate protectors) for racquet sports or basketball.
- Use batting helmets with polycarbonate face shields for youth baseball.
- Use helmets and face shields approved by the U.S. Amateur Hockey Association when playing hockey.
- Know that regular glasses don't provide enough protection.

